


Lenten Calendar • St. Joseph Church Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Fast Day Attend an Ash Wednesday Mass 8 AM, 12 Noon, 6:30 PM and 8 PM Spanish or Prayer Service 3:30 today.	19 Go through your linen closet for unwanted towels and blankets. Bring them to Church for a collection for the Animal Shelter. (Feb. 21 thru 29)	Abstinence No Meat Today Fast from gossip today. Stations of the Cross in Church 7 pm English 8 pm Spanish	21 Pray for those in our parish who will be Baptized at the Easter Vigil. NOTE: Towel & Blanket collection for the Animal Shelter
22 First Sunday of Lent Identify one temptation that weakens you and ask Jesus for strength. Matthew 4:1-11	23 At the grocery store, pray for the farmers and all those who help make available the food that you will bring to your table.	24 Spend 5 minutes in silence asking the Lord to speak to your heart.	25 Fast from taking second helpings at meals.	26 Reflect & Rejoice in being numbered among God's Children!	27 Pray for persecuted Christians. Stations of the Cross in Church 7 pm English 8 pm Spanish	28 Light a candle for someone today & pray that Christ, the light of the world, be with them. NOTE: Towel & Blanket collection for the Animal Shelter
1 Second Sunday of Lent Thank God for His presence in your life. Listen to His Word. Matthew 17:1-9	2 Fast from Social Media today. Use the time to call a friend or relative to check on them.	3 Pray the Hail Mary for someone you struggle to love or forgive.	4 Reduce your extra spending and donate what you save to your chosen charity.	5 Pray for your deceased loved ones and all the souls in purgatory.	6 Fast from overscheduling your time. Leave some time to simply be. Stations of the Cross in Church 7 pm English 8 pm Spanish	7 Pray for all the people who are tempted to give up.
8 Third Sunday of Lent Pray for a deeper trust in God's presence. Matthew 4:5-42	9 When shopping this week, purchase an item for a collection for local Veterans: Socks, Underwear, and T-Shirts (March 14 thru 22)	10 Forego a favorite TV program for a week.	11 Do a humble task today without seeking recognition.	12 At Bedtime, pray for people who are homeless and sleeping on the streets tonight.	13 Give something away today - a smile, a hug, an encouraging word. Stations of the Cross in Church 7 pm English 8 pm Spanish	14 Parish Soup Dinner 6:00 pm Pray for those who have left the faith. NOTE: Collection for Veterans (Socks, Underwear, T-Shirts)
15 Fourth Sunday of Lent Laetare Sunday: Rejoice! Ask Our Lord to heal any blindness in your heart. John 9:1-41 NOTE: Collection for Veterans: Socks Underwear, T-Shirts	16 Fast from comparing yourself to others. We are all one in God.	17 St. Patrick Day  St. Patrick used a shamrock to teach about the Trinity. Pray for Missionaries today.	18 Make a list of ten things you are grateful for in your life.	19 St. Joseph Day Join your parish community for the Bilingual Mass at 7:00 pm Followed by Refreshments	20 Spring Begins! at 10:46 am Praise God! Stations of the Cross in Church 7 pm English 8 pm Spanish	21 Pray for Strength and Health for our Priests NOTE: Collection for Veterans (Socks, Underwear, T-Shirts)
22 Fifth Sunday of Lent Download a free Catholic app for prayers, Bible verses . . . John 11:1-45 NOTE: Collection for Veterans: Socks Underwear, T-Shirts	23 Go through your closets and donate usable clothing. Bring the bag to the bin in our Church parking lot.	24 Pray at the sound of sirens from emergency vehicles. Pray for the people who might be in trouble.	25 (Mar 25) Annunciation Join Our Blessed Mother in saying "YES" to God.	26 Fast from criticizing others aloud or silently in your mind. Seek to understand instead.	27 Fast from worrying. Trust God instead. Stations of the Cross in Church 7 pm English 8 pm Spanish	28 Speak less and listen more. Give others the gift of your undivided attention.
29 Palm Sunday Prayerfully read one of the Gospel accounts of Jesus' Passion, Death, and Resurrection.	30 Fast from hitting the snooze alarm. Get up and use the extra time for prayer.	31 Pray for Peace in our hearts and in our world!	1 April Fools Day Take time to play today. Call someone and tell them a joke. Play a board game with family.	2 Holy Thursday Include bread at dinner and pray for those who are food insecure... The hungry and the homeless. Mass at 7:30 pm	Fast Day Clean up a common area at work, in the neighborhood, or at home. Do it as a gift for the good of all.	4 Holy Saturday Wait with Mary for the Resurrection. Pray for patience when waiting in line or at a red light.

Our Journey Through Lent - St. Joseph Church Community

Lent is the time when the Church stops and reflects on what changes the Gospel demands of us. It is the season when we reflect on the meaning and consequences of our baptism. We consider what baptismal commitment calls for in the decisions of daily life. This season of grace calls us to honestly look at how well our faith affects our decisions in life.

Lent is a time to clear out some space in our lives so that God can enter and fill it, and a time to realize where God has always been. There are three basic Lenten disciplines that we can practice to help us with this. These disciplines are prayer, almsgiving, and fasting.

Prayer

During this season, let us bring our minds, bodies, and souls together when we pray. We should make space to hear God's voice; we can do this by praying in the absence of modern distractions. As Matthew 6:6 says, "But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you."

Fasting

We are all called as Catholics to abstain from meat on Fridays, but fasting doesn't always have to involve food. We can also fast from vices like anger, blame, and entitlement. We should rid our hearts of these negative habits, and allow ourselves to feast instead on the virtues of forgiveness, affirmation, and the common good.

Almsgiving (Charity)

We can connect our almsgiving to our fasting. For example, if we skip our daily coffee, we can donate the money we would've spent to a charity of our choice. In doing this, we can allow our own personal suffering to enrich the lives of others.

Let us make these three disciplines a part of our life every day this Lent.

The Social Concerns Committee created the **Parish Lenten Calendar** (see other side) for us to follow together as a community. There is also a Lenten **Activity Paper for children** named "**40 Crosses**".

From Feb. 21 thru 28, we will collect **old towels and blankets** to donate to the Bergen County Animal Shelter. From March 14 thru 22, we will collect **men's socks, underwear and T-Shirts, sizes Medium through 2XL** for our local veterans.

Saturday March 14th we will have a **Lenten Soup Supper** in the School Cafeteria directly after the 5:00 Mass to remind us of those that are less fortunate and struggle with food insecurity. After our meal we will have a guest speaker to "feed" us spiritually!

Reminder: Join the Parish Ministries in praying the **Stations of the Cross** every Friday Evening - 7:00 English, 8:00 Spanish.

By belonging to this Lenten journey together as a community, we can be guided by the same message and united in daily prayer and reflections.